

URAP Self-Report

Today's Date: _____

Name: _____

This report is strictly confidential and is designed to be a helpful tool for the Diversion Committee and for you in assessing your recovery progress. It also serves as a checklist for relapse potential and thus timely, preventive intervention. Mostly, it serves to insure consistent evaluation at each meeting, however, it is absolutely voluntary, please do not fill it out if you feel uncomfortable in doing so.

SINCE MY LAST MEETING WITH THE DIVERSION COMMITTEE:

1. I have attended (#) _____ support groups.
2. I have attended _____ group therapy sessions.
3. I have attended _____ individual counseling sessions.
4. I have attended _____ family therapy sessions.
5. I have attended _____ couples counseling sessions.
6. I have been reading the following books: _____

7. Do you have someone you can call day or night for advice and support? Y N
8. I have had a stable work situation since my last report. Y N
If "no", why not? _____

9. I have participated in the following exercise program: _____

10. I have taken care to see I eat nourishing, regular meals. Y N
11. I have taken care to see I get adequate sleep and rest. Y N
12. I have participated in the following recreational activities: _____

13. I have nourished my spiritual nature by: _____

14. I have noticed changes in my attitudes towards the following: (e.g., anger, guilt, criticism, etc.) _____

15. My relationship with my significant other is improving. n/a Y N
16. My relationship with my children is improving. n/a Y N
17. On a scale of 1 to 10 (10 the best), all things considered, how do you feel today? _____
18. Have you picked up any new non-drug addictions? Y N
If yes, are you concerned they may negatively impact your recovery? Y N
What are they? _____

19. The following questions relate to aspects of your life that you may or may not wish to discuss with the Committee. Answer these questions for yourself because they can help you gain insight into your recovery. Bring them up with the Committee if you would like to discuss them in that setting:

- A. Are you taking any OTC medications that may have possible mood altering properties?
- B. Are there any “secrets” that you are keeping from significant people in your life?
- C. Any major financial problems?
- D. Any new legal entanglements?
- E. Any new training or educational programs for yourself?

COMMENTS: